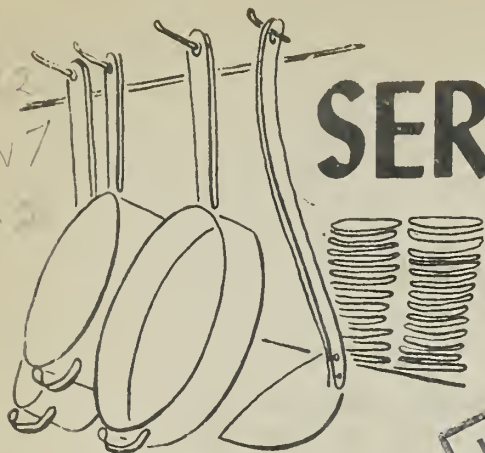


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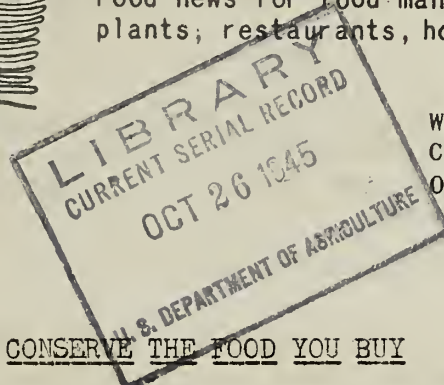
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# 1942 BIN 7 SERVING MANY



Food news for food managers in industrial plants; restaurants, hotels, and hospitals



WAR FOOD ADMINISTRATION  
Commodity Credit Corporation  
Office of Supply

Vol. 3 No. 28

July 16, 1945

## CONSERVE THE FOOD YOU BUY

Proper handling of foods after purchasing, not only conserves their nutritive value but, also saves much loss by spoilage, thus cutting food costs as well as making available foods go farther:

### A. To conserve fresh foods (cooked or raw):

1. Don't crush or bruise.
2. Don't soak.
3. Keep cool until ready to cook or eat.
4. Use quickly when prepared.
5. Make raw salads or slaw as a last minute job.  
Vitamin C gets away faster from foods peeled or cut.
6. When you cook vegetables, use as little water as possible.  
Add salt to cooking water at the start to help hold Vitamin C.
7. Cook quickly whenever you can. Put vegetables into boiling water, and bring the water back to the boiling point fast.
8. Cook vegetables just tender but no longer.
9. Stir vegetables only when you must. Stirring mixes air into the food and that destroys some of the vitamins.
10. Do not add soda when cooking vegetables. Soda destroys thiamin and Vitamin C.
11. Do not thaw frozen vegetables before cooking them.
12. Serve raw frozen foods such as fruits, at once, immediately after thawing.

Keep meat and poultry in the coldest part of the refrigerator, or your coldest storage place. 40°F is recommended. Should not be lower than 34°F.

### Fresh Meat -

Wipe with damp cloth just before cooking. If ground, store in extra cool place and cook for serving as soon as possible.

(over)

Meat Broth -

Cool meat broth rapidly, keep cold, use promptly.

Cooked meat -

Keep cooked meat covered. Chopped and sliced cooked meats spoil more quickly than meat in the piece. Cut or chop just before using. Keep meat sandwiches and salads cold right up to serving time.

Cured Meat -

Keep uncooked, well cured meat in a dark, cool, dry, airy place. Leave wrapping on ham, bacon and other cured meat until ready to cook. Keep mildly cured meats like fresh meat.

Poultry -

Wash poultry thoroughly inside and out, pat dry, and store very cold until time to cook.

Sea Food -

Fish and all other sea food spoils in a few hours at room temperature. Store very cold.

Milk -

Do not let milk stand out. Keep it in the colder part of the refrigerator. When cooking take out only milk and cream needed and let rest stay cold. Don't pour left over milk back in the main supply. Put away milk the first thing after each meal. Keep odorous foods - fish, onions, cabbage, melons, away from milk. Use suds and sun on all milk containers. Scald containers frequently.

Milk and Egg Dishes -

Milk and eggs are good combinations, but spoil easily. If custards, cream pies and puddings and cream puffs are not to be eaten at once, cool them quickly, cover, and keep very cold.

Cheese -

Cold and covered, are the watchwords for cheese, too. Use cottage and other soft cheese quickly, for they soon spoil. Hard, cured cheese, well wrapped, may be kept longer.

Eggs -

Store in case or wire baskets in a cool place.

Root Vegetables -

Store in cool ventilated place. Cut tops to 2 inches to save space. Use edible turnip and beet tops with other salad greens.

Potatoes, Onions -

A dry cool black-out suits them both, but avoid freezing.

Berries, Cherries, Grapes -

Store on shallow trays in a cold place. Wash just before using.

Peaches, Pears, Plums -

Spread to keep from bruising. Keep ripe fruit cool. Let under-ripe fruits ripen at room temperature.

Oranges, Lemons -

Spread out to prevent loss from mold and rot. Keep in a cool place.

Apples -

Apples soften as much in one day at 70°F as in two days at 50°F, so keep them at a cooler temperature. Do not pinch and bruise.

Bananas -

They are best kept at warmer temperatures than our native fruits. Let under-ripe bananas ripen at room temperature. Never store in refrigerator.

Dried Fruits -

The natural sugar in dried fruits keeps them from molding easily. Store them in a tight bag or jar in a cool place. Watch in warm weather for worms or weevils. Frequent check-up saves food.

Bread -

In hot weather wrapped bread may be kept in the refrigerator.

Cake -

Cool on rack before storing in ventilated cabinet.

Cookies -

Crisp cookies and crackers should be kept in airtight tins or boxes all their own.

(over)



Flour, Cereal, Sugar, Spice -

Don't try to store much flour and cereal over the hot months - buy less and oftener. Store such dry foods as flour, cereal, sugar, spices in tight containers to keep out dust, moisture, insects and mice.

Dried Vegetables -

Mice and weevils are fond of dried vegetables, too. Keep dried vegetables in tight containers.

Canned Goods -

Tinned foods should be kept dry to prevent rust and spoilage. Foods in glass should be stored in a cool dark place.

Quick-Frozen Foods -

Quick-frozen foods must be kept frozen solidly until used. Don't hold too long even at freezing. Once thawed, frozen foods spoil rapidly. Do not refreeze.

Fats -

Waste no fats. To keep cooking fats well, strain fat drippings to remove food particles and store in clean covered jars in a cool, dark, dry place until used.

STOP EVERY SMALL LOSS OF GOOD FOOD -- SAVE EVERY DROP AND CRUMB.